



NORTH DAKOTA
DEPARTMENT *of* HEALTH

North Dakota Department of Health Offers Older Adults Fall Prevention Program “Stepping On” Leader Training

Stepping On Leaders will tell you that they get a great deal of satisfaction from being able to help seniors feel safer in their homes and community by learning to prevent falls. To learn more about becoming a *Stepping On* Leader, visit www.ndhealth.gov/injury/trainings.htm.

Stepping On is an evidence-based series of workshops providing seniors with tools to improve their daily living skills, balance and strength as well as a social time to discuss improvements to their environments. If you're interested in joining the network of North Dakota Stepping On Leaders, consider attending a Leader training.

Training Dates

November 3 12:00 – 4:30

November 4 – all day

November 5 8:00 – 2:00

Location:

Wingate by Wyndham

4429 19th Street South

Fargo, ND

Master Trainers: Bill Vasicek and Amanda Hoffer

There is no cost for the three-day training. Reimbursement is available for mileage, lodging and meals. Leaders are provided extensive support in delivering these highly-effective workshops to groups of seniors who have fallen or have a fear of falling.

Ongoing support is available from the North Dakota Department of Health, the Wisconsin Institute on Healthy Aging, the Master Trainers or other community leaders across the state of North Dakota.

Individuals interested in becoming leaders must identify their sponsoring organization and submit a completed application to the ND Department of Health. For more information about these leader trainings and to get an application, call Diana Read at the North Dakota Department of Health: 1.800.472.2286 (press 1) or 701.328.4537. Space is limited to the first 15 registrants, so please register by October 20, 2014.

A block of rooms has been reserved until October 20, 2014, under “Stepping On Leader Training” at the state rate, \$74.70 plus tax (receipts required), at the Wingate by Wyndham – 4429 19th St. South, Fargo, ND – phone number 701.281.9133.